

YUMMY

FALL/WINTER MENU 2023

Weeks of: November 6th, December 4th, January 2nd & 29th, February 26th, March 25th, April 22nd

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Butter Chicken & Vegetables (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *sliced carrots) Whole Wheat Couscous Fresh Fruit	Apple Oat Bun Fresh Fruit
TUESDAY	Coconut Oatmeal Bar	Extra Lean Beef Bolognese Whole Wheat Rotini *Green & Yellow Beans Fresh Fruit	Whole Wheat Naan Edamame & Green Pea Spread
WEDNESDAY	Whole Grain Blueberry Scone Blueberry & Apple 100% Fruit Puree	Yummy Corn Chowder (cauliflower, *carrots, celery, corn, onions, potatoes, white beans) 9 Grain Bread Dill Dairy Free Spread Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato & Basil Crackers
THURSDAY	Whole Grain Raisin Bread Cinnamon Spread	Baked Pollock Fish Wedge Garden Rice (*broccoli, brown rice, *green/red peppers, onions, *squash) Fresh Fruit	Steamed Vegetables Pretzel Roll
FRIDAY	Yogurt Fresh Fruit	Turkey & Black Bean Taco Whole Wheat Tortilla *Green Peas & Corn Fresh Fruit	Vegan Oatmeal Cranberry Cookie Dragon Fruit & Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

YUMMY

FALL/WINTER MENU 2023

Weeks of: November 13th, December 11th, January 8th, February 5th, March 4th, April 2nd & 29th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Egg & Veggie Stirfry (*broccoli, cabbage, cauliflower, *carrots, egg, *green/red/yellow pepper strips, onions, rice vermicelli) Fresh Fruit	Yummy Tropical Fruit & Veg Salsa Multigrain Pita Crackers
TUESDAY	Waffles Raspberry Crumble 100% Fruit Puree	Baked Haddock & Cod Fish Cakes Golden Vegetable Barley (barley, *carrots, celery, corn, onions, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Cheese Bite Crackers
WEDNESDAY	Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce *Green & Yellow Beans Fresh Fruit	Whole Grain Strawberry Banana Oat Loaf Acai Berry & Apple 100% Fruit Puree
THURSDAY	Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread	Pumpkin Soup (*carrots, *green peas, orzo pasta, *pumpkin, white beans) Light Rye Bread Maple Dairy Free Spread Fresh Fruit	Yogurt Multigrain Trail Mix
FRIDAY	Whole Grain Everything Morning Toast Crackers Hard Boiled Egg	Baked Chicken Kafta w/Gravy Brown Rice *Broccoli & Cauliflower Fresh Fruit	Steamed Sliced Carrots Mini Pizza Swirl

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FALL/WINTER MENU 2023

Weeks of: November 20th, December 18th, January 15th, February 12th, March 11th, April 8th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Vegetarian Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Diced Carrots Fresh Fruit	Blueberry Oat Bun Fresh Fruit
TUESDAY	Fruit & Oatmeal Bar	Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Garlic Dairy Free Spread Fresh Fruit	Garlic Naan Yummy Tomato Bruschetta
WEDNESDAY	Whole Grain Cinnamon Scone Pumpkin & Apple 100% Fruit Puree	Baked Pollock Fish Wedge Tomato Brown Rice *Broccoli & Cauliflower Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Whole Grain Cranberry Bread Very Berry Spread	Extra Lean Beef Sloppy Joe Whole Wheat Bun Mixed Vegetables (*carrots, *green and yellow beans) Fresh Fruit	Steamed Vegetables Pretzel Roll
FRIDAY	Yogurt Fresh Fruit	Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach) Fresh Fruit	Vegan Oatmeal Date Cookies Unsweetened Applesauce

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FALL/WINTER MENU 2023

Weeks of: November 27th, December 27th, January 22nd, February 20th, March 18th, April 15th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Chicken w/ Tomato Sauce Whole Wheat Bun Mixed Winter Blend Vegetables (*broccoli, cauliflower) Fresh Fruit	Yummy Tropical Fruit & Veg Salsa Multigrain Pita Crackers
TUESDAY	Waffles Maple & Apple 100% Fruit Puree	Chickpea Florentine (chickpeas, onions, pasta, *spinach) *Diced Carrots Fresh Fruit	Fresh Fruit Whole Grain Triscuit
WEDNESDAY	Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk	Minestrone Soup (cabbage, *carrots, celery, kidney beans, onions, pasta, *peas, potatoes, tomatoes) Whole Wheat Bread Dairy Free Spread Fresh Fruit	Whole Grain Carrot Spice Loaf Pear & Apple 100% Fruit Puree
THURSDAY	Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread	Chicken Vegetable Italiano (*carrots, celery, chicken breast strips, *green peppers, mushrooms, onions, *spinach) Vegetable Fusilli Pasta Fresh Fruit	Yogurt Multigrain Trail Mix
FRIDAY	Cracked Wheat Crackers Dill-ish Egg Salad	Yummy Lentil Dahl Vegetable Rice (brown rice, *carrots, onions, *peas) Fresh Fruit	Steamed Sliced Carrots Mini Pizza Swirl

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